Rising Above Divisive Thought

Without a firm sense of conviction, one can easily fall by the wayside in life. As there's any number of pitfalls in this world one can fall into. Unless an individual is conscious of how impulsive thoughts contribute to reckless actions; the same pattern of impulsive behaviour is likely to play out again. As the underlying issues have yet to be processed in a healthy manner. A lack of personal accountability only contributing to the underlying problem. Unless a genuine attempt is made to address the root of the problem, it will continue to persist. Whatever serves to block the individual from attempting to examine these darker impulses, will act as a form of subconscious control. However, this approach only serves to create further division within the mind. As the underlying issues relating to a diminished sense of self-worth remain unaddressed, let alone healed.

To overcome limitations that stem from a mindset of lack, the individual at some point, needs to embrace a different way of thinking. One that is open to tackling the difficult problems in life, regardless of how challenging they prove to be. As growth by its very nature requires it. Though unless someone is prepared to take the first step, a fear-based mindset will remain. While accountability in certain circumstances can prove difficult, it's a crucial first step. Yet it's something the individual must genuinely aspire to. As without a desire to confront problems that prevent one from living a quality of life they align with. The chances of attaining a standard of life that reflects the qualities that inspire them, will prove to be a futile endeavour. As core issues relating to one's motivation and values are yet to be resolved.

Once a decision is made regarding the direction one desires to take. An individual can break free of beliefs that restrict new ideas from being acted

upon. The more one's focus is directed towards the task at hand, the less time is spent fixating upon problems of the past. The decision to move forward with whatever goal the mind settles upon, empowering the individual to move beyond one's comfort zone. While breaking free of certain patterns of thought require more effort than others. The results will naturally be reflected in the endeavour one has invested time and effort into. So long as one remains consistent in these efforts, the desired outcome will begin to take shape. As limiting beliefs of the past no longer act as a distraction. Preventing the individual from seeking a more refined version of oneself. Which helps to define a new perspective on life as a whole.